



ANHI July 2026 Nutrition Research Review

Comparative Effects of Individual Glucagon-Like Peptide-1 Receptor Agonist-Based Medications on Direct Measurement of Body Composition Among Adults With Overweight or Obesity With or Without Type 2 Diabetes: A Systematic Review and Network Meta-Analysis of Randomised Controlled Trials

Publication: Diabetes, Obesity and Metabolism

Publish Date: May 2026

Authors: Wachiraphansakul N, Vongchaiudomchoke T, Manosroi W, et al.

SUMMARY

A systematic review and network meta-analysis evaluated the effects of individual GLP-1 receptor agonists on directly measured body composition in adults with overweight or obesity, with or without type 2 diabetes. The analysis included 43 randomized controlled

trials involving 3,379 participants and 17 GLP-1 receptor agonist interventions or dosages. Overall, GLP-1 receptor agonists were associated with reductions in measures of excess adiposity, including total body fat, fat mass, visceral adipose tissue, subcutaneous adipose tissue, and liver fat. No significant differences were observed for total lean tissue. However, liraglutide 1.8 mg/day, semaglutide 1.0 mg weekly, and tirzepatide 15 mg weekly were associated with significant reductions in lean mass compared with control. The authors concluded that GLP-1 receptor agonists improve body composition through reductions in adiposity, although potential effects on lean mass, particularly at higher doses, warrant consideration.

[READ ARTICLE](#)

The Role of the Pediatrician to Promote Effective Approaches for Child and Adolescent Nutrition in Schools: Policy Statement

Publication: Pediatrics

Publish Date: June 2026

Authors: Elizabeth Zmuda, Tamara S. Hannon, Jennifer Valentic, Council on School Health, Committee on Nutrition

SUMMARY

Recognizing that schools are a major source of daily food intake for many children, this American Academy of Pediatrics policy statement examines how school nutrition programs can support healthy eating and reduce food insecurity. The document highlights substantial improvements in school meal quality over the past two decades, including updated US Department of Agriculture (USDA) standards that limit added sugars and sodium, increase whole grains, and support culturally relevant food options. It notes that federal meal programs provide an important nutrition safety net and are associated with improved diet quality without increasing obesity risk.

The statement also emphasizes the importance of comprehensive nutrition education, hands-on learning opportunities, access to safe drinking water, and positive eating environments that allow adequate time for meals. Pediatricians are encouraged to

advocate for universal school meal access, participate in school wellness councils, support implementation of nutrition standards, and promote policies that improve the overall school food environment. These actions are presented as opportunities to strengthen nutrition security and lifelong healthy eating habits among children and adolescents.

[READ ARTICLE](#)

Does β -hydroxy- β -methylbutyrate (HMB) Have an Anti-inflammatory Impact in Critically Ill Patients? A Secondary Post Hoc Analysis of an RCT

Publication: Clinical Nutrition

Publish Date: July 2026

Authors: Berger MM, Viana MV, Engelen MPKJ, Deutz NEP

SUMMARY

A secondary post hoc analysis of a randomized placebo-controlled trial evaluated the effects of 3 g/day of HMB supplementation in 37 critically ill patients who received the intervention for at least 10 days. The analysis examined inflammatory markers and amino acid metabolism using cytokine profiling and stable isotope tracer methodology. By day 15, 12 cytokines differed significantly between groups, with several cytokines present at higher levels in patients receiving HMB. Whole-body amino acid production did not differ significantly between groups; however, HMB supplementation was associated with increases in intracellular concentrations of glutamine, citrulline, taurine, HMB, and related metabolites. The urea-to-creatinine ratio was also lower in the HMB group at day 15. The authors concluded that HMB was associated with a different inflammatory response pattern and changes in intracellular amino acid metabolism, particularly glutamine synthesis, although findings should be considered exploratory.

[READ ARTICLE](#)

Digital Interventions Targeting Parents to Improve Early Childhood Movement, Nutrition, and Sleep Behaviors: Systematic Review

Publication: Journal of Medical Internet Research

Publish Date: June 2026

Authors: Sandborg J, Reese BL, Marshall S, Hesketh KD, Laws R, Downing KL

SUMMARY

Focusing on early childhood as a critical period for shaping lifelong habits, this systematic review examined 38 randomized controlled trials evaluating digital interventions designed to support parents in promoting healthy behaviors among children aged 0–5 years. Interventions included apps, text messaging, web-based platforms, and other digital formats delivered over periods ranging from two weeks to nearly three years. Findings varied by age group and behavior. Among infants, results for breastfeeding and feeding practices were inconsistent. For toddlers, some improvements were observed in sleep, while outcomes for diet and screen time were mixed, and physical activity showed no change. Interventions targeting preschool-aged children most consistently improved feeding practices and diet, but had limited impact on physical activity, sedentary behavior, or sleep. Overall, the evidence was heterogeneous, with mixed effectiveness and limited insight into how user engagement influences outcomes, highlighting important gaps for future research in scalable digital health strategies.

[**READ ARTICLE**](#)

Exercise and Nutritional Interventions for Sarcopenia-Related Fall Prevention in Older Adults: An Umbrella Review

Publication: The Journal of Nutrition, Health and Aging

Publish Date: June 2026

Authors: Dharmansyah D, Rahayuwati L, Pramukti I, Mutyara K

SUMMARY

An umbrella review was conducted to evaluate the overlap between evidence for sarcopenia management and fall prevention in older adults. The authors assessed 41 systematic reviews and meta-analyses encompassing approximately 4,475 unique primary studies. Moderate-to-high certainty evidence demonstrated that combining exercise with protein supplementation of at least 1.2 g/kg/day resulted in greater improvements in muscle mass, handgrip strength, and physical performance than single interventions. High-certainty evidence showed that balance and multicomponent exercise programs reduced fall rates by 23%–34%. Moderate-certainty evidence indicated that vitamin D supplementation of at least 700 IU/day was associated with a 13% reduction in falls. The findings support integrated exercise, nutrition, and vitamin D strategies for older adults with or at risk for sarcopenia.

[READ ARTICLE](#)

An Umbrella Review of Systematic Reviews of School-Based Nutrition Interventions to Determine Outcomes Used and Their Measurement Tools

Publication: Nutrition Reviews

Publish Date: July 2026

Authors: Olgacher D, Aldukair S, Clarke M, McCarthy D, Woodside JV

SUMMARY

Drawing on 98 systematic reviews representing 965 unique studies, this umbrella review examined the outcomes and measurement approaches used to evaluate school-based nutrition interventions in children and adolescents. The authors found substantial variation in both the outcomes assessed and the tools used to measure them, making it difficult to compare findings across studies and identify which interventions are most effective. Outcomes were grouped into four major domains: diet, physical health, social and emotional well-being and behavior, and education. Dietary outcomes were the most commonly reported, followed by physical health indicators such as body composition and clinical measures. In contrast, social-emotional and educational outcomes were

assessed far less frequently. The authors conclude that greater standardization is needed in the evaluation of school-based nutrition programs. They recommend development of a stakeholder-informed Core Outcome Set to improve consistency in reporting, strengthen evidence synthesis, and support translation of research into nutrition policy and practice.

[READ ARTICLE](#)

PRONTO Nutritional Risk Identification Protocol: Exploratory Findings on Survival Prediction and Comparison with the Patient-Generated Subjective Global Assessment

Publication: Nutrition

Publish Date: July 2026

Authors: Nogueira e Silva DC, Pereira JPC, Miranda BLG, Gonzalez MC, Prado CM, Silva FM, Fayh APT

SUMMARY

An exploratory secondary analysis evaluated the performance of the PRONTO nutritional risk identification protocol in 390 adults receiving oncology care. PRONTO was retrospectively reconstructed from prospectively collected data and compared with the Patient-Generated Subjective Global Assessment Short Form (PG-SGA SF). PRONTO identified 84.4% of patients as being at nutritional risk compared with 76.4% using PG-SGA SF. The protocol demonstrated fair accuracy (AUC 0.81), moderate sensitivity (86.3%), and high positive predictive value (95.3%). Nutritional risk identified by PRONTO was independently associated with higher 6-month and 12-month mortality after adjustment for clinical and demographic factors. The authors conclude that PRONTO may serve as a simple, rapid approach to identify nutritional risk in oncology settings, while emphasizing the need for prospective validation.

[READ ARTICLE](#)

Like this newsletter? Forward to your colleagues and let them know they can [subscribe here](#).

FOLLOW ANHI



If you'd like to [unsubscribe](#), we'll miss you when you go. You're welcome to [subscribe](#) again anytime.

© 2026 Abbott. All rights reserved.

Please read the [Legal Notice](#) for further details.

Unless otherwise specified, all product and service names appearing in this newsletter are trademarks owned by or licensed to Abbott, its subsidiaries, or affiliates. No use of any Abbott trademark, trade name, or trade dress in this site may be made without prior written authorization of Abbott, except to identify the product or services of the company.

[ABBOTT](#)

[EDUCATION](#)

[ABBOTT GLOBAL](#)

[LINKEDIN](#)

[CONFERENCES](#)

[ABBOTT NUTRITION](#)

[RESOURCES](#)

[NEWSROOM](#)

[ANHI COMMUNITY](#)

[MQII](#)

[GRANTS](#)

[PRIVACY POLICY](#)

[CONTACT US](#)

[TERMS OF USE](#)

[SITE MAP](#)

[UNSUBSCRIBE](#)